



2020 Spring Summer



BRIGHT SIDE  
嚮光協會

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## Remain Positive!

Without a doubt, the start of 2020 has been difficult for not only Taiwan but the world. Bright Side Projects is almost entirely based on face to face interaction with our communities as we believe in a world that's increasingly online, personal engagement is still one of the key ways to build trust and compassion.

Taiwan was on the forefront of recognizing the dangers of COVID-19 and was able to crack down in January. Thus, the country was able to currently slow down COVID-19 but government mandates also limited our ability to conduct creative education with the kids and prepare meals with them. Donations were also down by over 90% but Bright Side Projects adapted as best as we could taking the measures on COVID-19 to product and support the community:

We will require Bright Side staff and members to not have travelled outside of Taiwan and have a clean bill of health for a minimum of 28 days prior to the

workshop; and no known close contact with those who have been affected, who are under quarantine, or have also returned to Taiwan.

Taking temperatures (workshops), mandating masks, and alcohol sterilization.

Support local restaurants and farmers, continue our Eat for Love plant-based nutritious meal support to youth via takeout and catering.

Only core staff and members were permitted to provide meals and education in Q1; we focused on kids cooking for themselves in the orphanages.

We are also proud to announce as part of our Brighter Futures program we were able to hire one of our youth we've known since 2013 to support our mission and need your support more than ever.

Daisy H. Lin / Founder



Creating Pinatas with our indigenous Atayal youth in ChingChuan and learning about commodification of cultures

Photo by Aching

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Indigenous Atayal youth in ChingChuan enjoying plant-based burritos

Photo by 1D

### What we've been doing overall...

Since the end of 2012, here's a quick recap of those who have joined us on our journey in face to face interaction in the workshops to make friends:

- Number of activities: 209
- Number of creative edu classes: 173
- Number of Community spots: 1825
- Number of Big Friend spots: 1516
- Big Friend overall return rate: 50%

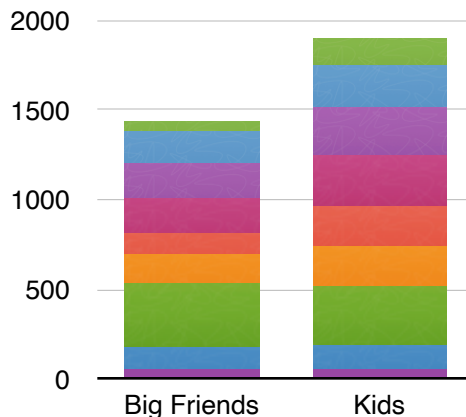
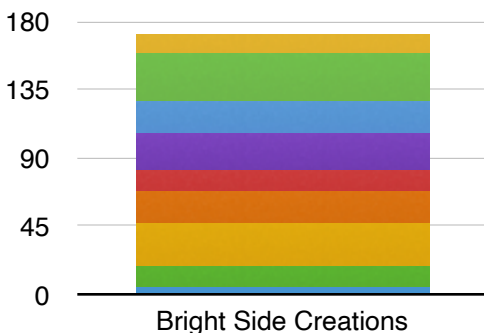
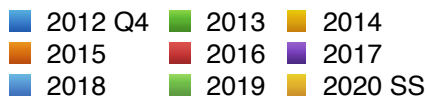
### 2019 Friendship Meter

While we may spend 60-95 hours for each workshop regardless if it's half day or full day and could easily execute a 300-500 person event during the same amount of planning, we limit each of our workshop attendance to approximately 15 members in the community and 15 Big Friends. This increases enhance the quality of interaction and depth of engagement, making everyone a memorable individual instead of simply a "volunteer."

- No. of creative edu classes 2020 SS: 12
- No. of Plant-based Meals served to Youth and Community: 153
- Big Friend Volunteers: 69
- Training: 2 sessions / 16 pax
- Plant-based noodles donated: 510 packs

### Plans for FW 2020

- Solidify services in providing quarterly plant-based food staples previously hampered by COVID-19
- Inclusion of senior citizens for plant-based nutrition
- Continued development Brighter Futures Programs for our 16+ Youth
- Continue creative education workshops with focus
- Focus on fundraising for expansion of services
- Office expansion hiring more of our previous Bright Side Youths as paid interns



## Our DNA

### What sets us apart?

#### KITCHEN TABLE

Freshly cooked nutritious plant-based meal options from our [Kitchen Table](#) at all events, especially during workshops with children.



Veering towards local, organic, unprocessed foods. Junk food and candy items are not permitted to be brought by Big Friends.

#### SOCIAL AWARENESS

Workshops always have a deeper message by trying to raise awareness of different social issues and how our lives are impacted by it.



#### INTERACTIVE & INTIMATE

We don't have just one teacher facing 30 kids. We attempt to bring a 1:1 or 1:2 ratio of "Big Friends" to "Kids," to get more people involved and to enhance engagement. 30 people maximum per workshop. Everyone shares in the task of setting up, sharing food, bringing workshops to fruition, and cleaning up.

#### GENDER EQUALITY

We maintain a gender neutral zone and respect so that no one is limited or discriminated of their full potential based on a social construct.

#### CONVENTION ON THE RIGHTS OF THE CHILD (CRC)

This sets out the civil, political, economic, social, health and cultural rights of children. In serving the best interest of the child, this benefits all. Bright Side safe spaces empowers

everyone to speak up, abolishing a hierarchal "talking down" mentality.



2020

January

Jia-Xin Gifts and Necessities in Taitung. Woodcraft workshop in ChingChuan and Taichung. Government begins mandating measures to try to stem COVID-19 starting with postponing spring semester for schools.

February

Brighter Futures training for job interviews at Taoyuan MuHsiang Children's Home, interview skills with youth also providing plant-based meals supporting Ooh Cha Cha Restaurant.

March

Volunteer training on Trauma Education, Sexual Harassment, Creativity Impact, LGBTQ tolerance. Welcomed Merck to join our Big Friend volunteer base and quarterly support.

April

Support plant-based business via Eat for Love, donations of almost 20 boxes of noodles sent to various Bright Side locations in Taiwan.

May

Chef Eric Wu from Baganhood utilizing Omnipork and Beyond Meat for a delicious meatball and handmade pasta training session.

June

Hired our 2014 youth from Taoyuan as part of our Bright Side Brighter Futures program.

Eager to create Moments or Spend a Day with us?

Everyone is welcomed to join us!

SKILLED CRAFTS

## Wooden Birdhouses



We were fortunate to have a woodcraft craftsman head over to both Taichung and ChingChuan with us for the month of January. Kids were able to make a gift for themselves (or to give to others) but one that also provided a safe abode for the wild birds of Taiwan! The workshop took approximately 5 hours but even the youngest child stuck with it - we were able to serve a delicious plant based lunch today so they would have enough energy to

complete the task; traditional Taiwanese fried rice with Beyond Meat sausages and the sausages separately with green onion slices, Bafang Dumpling shop's new Omnipork dumplings, and our usual and must have seasonal fruit salad with coconut milk.



## LINE Stickers



This was a special workshop in creating a series of LINE stickers based off of our Taoyuan Muhsiang Children's Home drawings. We combined an art therapy and discussion about how to express emotions by playing "draw" bingo. Kids were given sheets of paper with squares and a list of emotions. The center square they would select one of the emotions after hearing a story told by our staff; everyone would create a character and show how the character would react to the same story.

This was able to show that for the same situation everyone has a different reaction and chooses to express it in different ways. After filling each of the squares in a variety of ways, images were selected and our LINE stickers are now available in their sticker shop!

For lunch there's nothing sweeter than having vegan waffles with fresh fruit and coconut whip cream to complete the day on an otherwise heavy subject.

ART THERAPY



## Baganhood & Wanhua

Honored to be able to join one of Taipei's top vegan restaurants BAKANHOOD at a new location in Taipei! Wanhua community center serves underprivileged families and having a quick plant-based waffle making and hamburger eating session with them was the perfect way to not only introduce that plant-based is possible, filling, and delicious, but to get to know the community here. Bright Side Projects is elated to continue to grow and include Wanhua community in our list to provide them with resources in the future!

Our first official Bright Side workshop will take place this summer, making sushi and icy slushy! We have also included them in our spring summer noodle drive sending over 60 packs of noodles in June.



## Piñata

One of the workshops we love and was finally able to bring to the youth in Chingchuan after a 4 year hiatus as the kids from previous years have all graduated and grown up. Their younger siblings, however, have never had the opportunity to make their own pints or learn about Cinco de Mayo in the origins, commodification, or to try a hand at making their own California style burrito!

The burrito was was hit with the kids as was smashing one of the pinatas! Kids know that each time they come to a Bright Side Projects workshop they will not only have a great time learning something new and getting their hands on arts and crafts, but eat meals from a different culture they may never have the chance to experience. The only downside was since there seemed to be an avocado shortage we were not able to introduce the rarely seen fruit or make guacamole with them this time. We hoped to get a chance later this year!



## Southeast Asia - Thai Cuisine

While we have often introduced foreign cuisine, sometimes we reach far outside of Asia so decided this time to bring the deliciousness of Thai cuisine to the kids!

Some of the delicious items include our own must order favorites in pad thai, green curry, and the must have mango sticky rice. We were also able to source Thai ice tea from Baganhood, made with delicious cashew mylk.



## Afternoon Tea (English / Indian / Japanese)

A spot of tea anyone? This time we got our thinking hats on and prepared another treat for the indigenous youth of ChingChuan. Since we could not make food with them we prepped a extravagant afternoon tea from three difference cultures. This included mocha strawberries and matcha tea from Japan, silver tinned foil treats and chai lattes from India, and our favorite that being the most decadent a mixture of English and United States tea time sins.

Waffles with coconut whip cream, fresh strawberries, grapes, blueberries, small bite size sandwiches and gluten free blueberry muffins catered by Ooh Cha Cha, quiches from JiangShan eatery. We would love to replicate this to our other locations!





## Bright Side Brighter Futures

Our Brighter Futures program caters to our youth and or young adults age 14 and above. Bright Side Youth are empowered via paid apprenticeship and educational support for a brighter future. During COVID-19, we were able to focus on the program as it supported smaller class sizes and we were able to combined plant-based meal sessions to those in orphanages by having the kids create the meals themselves for those who were interested in culinary as a future career. This resulted in having a certified chef, Eric Wu, come to share his experiences with our kids at Taoyuan. Several other mini workshops were also hosted that half focused on resume polishing, interview skills, and meal creations in which all helped out.

Meal One: Omnipork and Beyond Burger based meatballs, handmade pasta, baguettes with Vegan Taipei herb butter spread, Vegan Taipei mozzarella with tomato slices

Meal Two: Ooh Cha Cha tofu banh mi and cashew cheese mac and cheese

Meal Three: Fresh fruit pancakes, waffles, fruit salad, pumpkin soup









## STAPLE FOOD DELIVERY



### Dried Noodles Delivery

Noodles are a staple of Taiwanese diet. We were fortunate to work with a Miaoli based company that created healthy dried noodles. We were able to serve three locations with 510 packs of the noodles.

Miaoli Yu-An Shelter for the Disabled Youth and Adults

Taichung Chang Hsiu Chuan Foundation, a halfway house for youth in the foster care program

Wanhua HsinAn District Youth and Families, underserved community based in the Wanhua district of Taipei City.

We also purchased additional noodle to be able to cook meals for some of our creative education workshops and send children home with packages to prep for their families.

